



2019-29

Resolution: Healthy Eating and Active Living

AT A REGULAR MEETING OF THE SURRY COUNTY BOARD OF SUPERVISORS HELD IN THE
GENERAL DISTRICT COURTROOM OF THE GOVERNMENT CENTER ON THURSDAY,
SEPTEMBER 5, 2019 AT 7:00 P.M.

Present:

The Honorable Michael H. Drewry, Chairman
The Honorable Judy S. Lyttle, Vice-Chair
The Honorable John M. Seward
The Honorable Kenneth R. Holmes
The Honorable Giron R. Wooden, Sr.

Vote:

Aye
Aye
Aye
Aye
Aye

PREAMBLE

WHEREAS, in January 2013, the Virginia Municipal League entered into a memorandum of understanding with the Institute for Public Health Innovation to work collaboratively on the HEAL Cities & Towns Campaign; and

WHEREAS, high rates of costly chronic disease such as diabetes, heart disease, cancer, arthritis, stroke and hypertension among both children and adults are correlated to environments with few or no options for healthy eating and active living; and

WHEREAS, more children are being diagnosed with diseases linked to overweight and obesity previously seen only in adults, such as Type 2 diabetes and heart disease; and

WHEREAS, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; and

WHEREAS, the City/Town has the ability to affect the health of its residents and employees; and

WHEREAS, planning and creating an environment that encourages and provides access to healthy eating and active living can promote health; and

WHEREAS, supporting the health of residents and the local workforce through the adoption and implementation of healthy eating and active can reduce health care costs, improve health and quality of life and attract economic development;

WHEREAS, County agencies are engaged in several active initiatives to promote healthy eating and active living and to improve the health and quality of life for Surry residents to include but not limited to the following: enhanced parks and recreational programs and activities for seniors, youth and adults, employee walking programs, healthy teen cuisine challenges and healthy cooking demonstrations, farmer's market promotion, community-wide health and wellness grant funded activities, erection of community gardens and comprehensive plan provisions that address community health, access to healthy foods and quality of life;

NOW, THEREFORE, LET IT BE RESOLVED, that the County of Surry, Virginia hereby recognized that a commitment is needed to create environments that enable residents and government employees to make healthy choices safely, conveniently, and affordably. While individual lifestyle changes are necessary, individual effort alone is insufficient. Significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, **The Surry County Board of Supervisors adopts this Healthy Eating Active Living resolution:**

BE IT FURTHER RESOLVED, that Surry County elected leaders and applicable community and economic development personnel responsible for parks, recreation, youth and senior living empowerment, neighborhoods, support to the farmer community and business areas should make every effort to develop strategies in three core areas and a reporting mechanism on implementation of targeted strategies:

1. Physical Activity, Active Transportation, and Land Use

- Update Comprehensive Plan to Include provisions in the comprehensive plan that promote bike-ability and walk-ability
- Seek grant opportunities that provide funding for recreational trails and amenities
- Increase access to existing recreational facilities and amenities:
 - Establish Joint Use Agreements for existing facilities, such as: school playgrounds and pools
 - Plan programs and activities that provide river based recreational activities (fishing, kayaking, scenic view walking trails)
- Use Development Tools to require developers to include usable space for physical activity and recreation

2. Access to Affordable Nutritious Foods

- Update Comprehensive Plan to include provisions that address access to affordable, nutritious foods
- Promote the Farmers' Markets as a destination for social connectivity and access to healthy foods ; encourage SNAP/EBT to be accepted at Farmers' Market and formulate other policies that encourage participation at the market (i.e. market bucks programs)
- Develop/Promote Community Gardens, Urban Agriculture, and/or Urban Farming:
 - Develop a process by which vacant land becomes available for community gardens/urban agriculture
 - Designate public land for community garden/urban agriculture use
 - Provide public resources for community garden
 - Review/change/adopt applicable zoning ordinances when applicable

3. Municipal Workplace Wellness

- Make healthy foods available in the municipal workplace:
 - Adopt nutrition standards aligned with national nutrition standards in all municipally or countyowned or operated venues that serve food, including special events
 - Ensure that water is readily available in municipally owned buildings
 - Establish a healthy vending policy
- Encourage physical activity in the municipal workplace:
 - Encourage usage of rear parking area for employee parking
 - Establish physical activity breaks for meetings over two hours in length
 - Allow/encourage walking meetings
 - Convene a Workplace Wellness Committee

Implementation

BE IT FURTHER RESOLVED, that the head of each affected agency or department should report back to the County Administrator or designee annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the Board of Supervisors.

BE IT FURTHER RESOLVED, designated County Staff shall work with HEAL Cities & Towns Campaign Staff to explore HEAL policies and to identify those policies and practices that are suitable for the Surry County's unique local circumstances.

ATTEST:



Jonathan H. Lynn, County Administrator/ Clerk, Board of Supervisors